

Shin Pain (Shin Splints) Exercises



Towel stretch



Standing calf stretch



Anterior compartment stretch



Resisted dorsiflexion



Active range of motion of the ankle



Heel raises



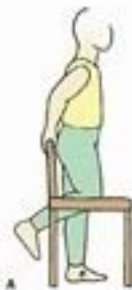
Resisted inversion



Resisted eversion



Standing toe raises



A



B



C

Static and dynamic balance exercises



Hip abduction